NONSMOKERS HEALTHIER.

People Who Do Not Use Tobacco Develop More Rapidly. "There is an easy way, if you are a not the habit injures you," said a phycician. "Do you feel, after smoking, a the superintendent as they flew past languor, a sinking and a great depression? Do you feel melancholy, hopeless, weak? If you do you should abandon smoking at once.

"So far as the general public is concerned," replied the superintendent, "I don't suppose that mileposts are of any

en the action of the heart. But in very by looking out of the car window how strong, robust persons this weakening | far he is from the terminal points, but effect is very slight. It is not felt at | in that he is not greatly interested. all, and these persons tobacco cannot "Some people like to figure out from be said to injure. But in persons whose | the mileposts how far they have travhearts and constitution are frail the ef- eled or how far they have to go, and fect is strongly felt, the symptoms be- there are not a few who like to time ing those that I have just described, the speed of trains by the mileposts.

and such persons ought not to smoke."

But that is not what the posts are for. This specialist has tabulated the rec- In the office of the division superinords of all the smoking and nonsmok- tendent is a profile or diagram showing ing medical students of his acquaint- the location of every one of these posts. ance for a period of nine years. He "If an accident occurs, a rail breaks, has found that the smokers are shorter a car lets down or anything out of the in stature than the nonsmokers and ordinary happens between stations the that they do not develop as well. In superintendent is notified of the proxthe course of four years nonsmokers imity of the mishap to some particular walk quicker—excel in the speed of all they would have to move slowly between stations until the spot was found.

Montclair District, 458 Bloomfield Avenue.

Jasper

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east. And, after

A Remedy For Snake Bite. mileposts, and it would be pretty hard There is a most remarkable account | to railroad successfully without them." of the exploring trip of an orchid hunt- -Boston Transcript. er named Andre through an unknown part of Venezuela. The party met one of the men walking through the wished to locate the leak precisely jungle, was bitten just above the ankle without tearing out any more of the by a snake. Andre suspected that the wall than was needful.

The Poor Chinese Wife. clearly how utterly subject a woman

Peel at Accrington, when at last and ors of northeast Lancashire. "Men of Accrington, if you are so backward in coming forward, we shall all be behind as we were before." The only deliverthe Lord," began and ended thus:

you may retire to your room."

Not Used to Pulling Corks. A slight are occurred on the fourth floor of a downtown establishment. An after it was put out Pat was called am very sorry, very sorry, indeed, that into the private office of the manager. I can't accommodate you," replied the fire out yourself? You could easily so busy that I clean forgot to count my have extinguished it with a hand gre- shots." nade; there's plenty of them up there."

four of thim on the case, but I couldn't Jolkley since he went to Africa? get the corks out in time, begorra."-

One Thing Settled. "Grace is greatly worried. She can't "When is she to be married?" "The date hasn't been fixed yet."

"Whom is she going to wed?" "That's another detail that is yet to seau all planned."-Kansas City Jour-

on the question of the amount of veracity to be looked for in official documents by orientals. The proverb runs as follows: "He who speaks the truth will be expelled from nine villages."

Husband—My physical tests me I must have a complete thank of scene.

I don't know but I'll have to run over

"I thought I could get along without glasses awhile longer, but I find I

RAILWAY MILEPOSTS.

They Are of Use In Legating Acci-"Will you explain just the practical

"The tendency of tobacco is to weak- particular benefit. The traveler can tell

remedies, the only ones at hand, were of the pipes connected with the washsevere ones. One day Mateo Ramirez, stand, in her bathroom leaked, and she

bite was not poisonous, but Mateo was | Accordingly she shut her cat up in in mortal terror and allowed his friends her parlor—the parlor is directly below to subject him to a remedy worse than the bathroom—and into the basin of the disease. Throwing him to the the defective washstand she poured a ground, they wound a strong creeper | vial of the oil of valerian. Cats are exaround his thigh until it cut into the cessively fond of the odor of valerian. fiesh and then burned the wound with A cat would rather inhale this odor a live coal until the patient shrieked | than eat fish. The Manayunk woman's in agony. Chewed tobacco and crushed cat after it had been in the parlor a garlic were afterward rubbed in and few minutes began to pur. Purring, it the wound bound up. The snake bite crossed the room. It settled itself on was cured, but the poor victim suffered | the floor with its face to one spot on for many days from the remedy.-Les- the wall, and here its mistress found it when she came downstairs, its nose glued to the spot, sniffing and purring ecstatically.

A Chinese wife is not exactly to be The wall was opened at this point not merely of her husband, but also of found. Here the valerian had trickled his mother. A book on Chinese eti- through, imparting its intoxicating quette gives rules which show pretty odor to the cat.-Philadelphia Record.

priders quickly. Rise early in the mornnatural grinders with false ones is and the transaction of any other business that may properly come before the meet. care to make no noise to waken her. be surprised to learn that artificial setire and prepare for tea. Take it to plates of the same material and held her quickly and cheerfully, and then arrange the breakfast table. Place the rivets 500 to 1,000 years before Christ. chopsticks straight, boil the rice seft, Herodotus, "the father of history." tells and let the meal be thoroughly done. us that the Egyptians of the fifth dy-Prepare the meals thus carefully thrice daily. When darkness comes and your great one desires to sleep, spread the bed, when she may peacefully rest and to the belief that both Casar and Anton many peacefully rest and to the belief that both Casar and Anton many peacefully rest and the belief that both Casar and Anton many peacefully rest and the belief that both Casar and Anton many peacefully rest and the belief that both Casar and Anton many peacefully rest and the belief that both Casar and Anton many peacefully thrice and the belief that both Casar and Anton many peacefully thrice and the belief that both Casar and Anton many peacefully thrice and the belief that both Casar and Anton many peacefully thrice and the belief that both Casar and Anton many peacefully thrice and the belief that both Casar and Anton many peacefully thrice and the belief that both Casar and Anton many peacefully thrice and the belief that both Casar and Anton many peacefully rest and the belief that both Casar and Anton many peacefully rest and the belief that both Casar and Anton many peacefully rest and the belief that both Casar and Anton many peacefully rest and the belief that both Casar and Anton many peacefully rest and the belief that both Casar and Anton many peacefully rest and the belief that both Casar and Anton many peacefully rest and the belief that both Casar and Anton many peacefully rest and the belief that both Casar and Anton many peacefully rest and the belief that both Casar and Anton many peacefully rest and the belief that both Casar and Anton many peacefully rest and the belief that both Casar and Anton many peacefully rest and the belief that both Casar and the belief that be

tony wore artificial teeth. The date of the introduction of false teeth into Europe is uncertain. They tive election speech ever made, says a least as the time of the discovery of America. "The Mathematical Jewel." after the most urgent solicitation he of Sir John Balgrave, "who caused all was induced to address there the elect- of hys teethe to be drawne out and aft-

John Allen's Wit. ance comparable with this in terseness Allen of Mississippi could hardly be in-Dean Swift's, which, taking as its text. serious question. The older members "He that giveth to the poor lendeth to knew this and seldom went to the Brethren, if you like the security men often came to grief by doing so. Irishman was at work on the same Can you tell me how many Federal

McJigger-The kleal Any message? Thingumbob-A card tied to the neck Philadelphia Press.

"That historical novel of yours doesn't read as if you had studied history much," said the brutal critic,
"Thank you," said the author whom
nothing disconcerts. "This is the firs

Wife-That isn't necessary, dear; just

mart Set.

One Good Reason.

"No. Jimmie, I am not going to Maggie Mulligan's party! The Mulligans ortunities of life they are never dis- ain't in our set, an' I don't like Maggie

With Welsbach Burners.

All the latest Styles and Finishes no in Stock and the Prices are Right.

-FOR SALE BY-

GAS DEPARTMENT, gain 24 per cent more in height and 26 milepost, and thus the spot can be located, and men are sent there at once, and they can go in a hurry, for they

-:: THE ::with terrible hardships and privation, and only about half of them got back to civilization. They were in continual of Manayunk accomplished the other that a woman of Manayunk accomplished the other that are the other than the cat.

ESSEX County Building and Loan

ESSEX County Building and Loan ASSOCIATION.

TELEPHONE 92.



The American Home the Safeguard of American Liberties. The Righteenth Annual Meeting

THE ESSEX COUNTY Building and Loan Association

Tuesday, Oct. 20, 1903, AT EIGHT O'CLOCK P. M., IN Association Building,

For the purpose of receiving the reports of the Treasurer and Auditing Committee; the

Hasten to prepare her toilet articles; teeth were made of ivory, placed on days previous to the election; transfers of stock (to enable shareholders to vote) A New Series of Stock, the 27th, Will Be Opened. 4,025 Shares of Stock have been issued by the Association since April, 1902

Seven Series matured and have been paid off since September, 1896, amounting to the sum of \$260,850.00, and another about to mature. Over \$1,750,000 have been disbursed by the Association in the eighteen BEAR THIS IN MIND.

Never let it be forgotten that the building and loan association is primarily money-saving institution and only incidentally a money making organization. Therefore safety and not profit should be the first concern in its management.

ACQUIRE HABIT OF SAVING. No matter how small the salary, some portion of it should be saved each

Whether a man be rich or poor, there is for everyone in this life the lesson self-denial to learn. The process of saving may be slow, but it is sure. The proper way is the systematic one by which individuals place regularly an amount a some good building association

The salaried man should have thought for the future, as well as the man who has his own business. To save one must have a definite, fixed method. The rience of others is a reliable guide board, whose friendly arms point to the ding and loan association as a safe form for investment. The mainstay of Quarries: Ctal Yard and Main Offices, building associations are wage earners, but professional and business men form quite a proportion of the membership. The best thing for young men or young women to do when they first begin to earn money for themselves is to join a buildg association and save a dollar or two every week from their salary, or as much

STOP PAYING OUT IN RENT the Money which will enable them to OWN a Home. It is our business to turn

Rent-payers to House Owners, and All For The Same Money. Every man who is able to pay rent (however small the amount)

Can and Should Have a Home of His Own. SEND US YOUR ADDRESS AND WE WILL SHOW YOU HOW IT IS DONE

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Steam, Hot Air and Hot Water Heating. All new work guaranteed and kept in repair for mates cheerfully given. Jobbing promptly attended to. eovered by those who keep their eyes shut and their hands idle,—Maxwell's sides, I als't been invited, anyhow?"

Louisville Courier-Journal.

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TALES OF A TUB

HARRIET G. CANFIELD

e city, were spending the summer at self, beggin' your pardon." He bent eir country home, some thirty miles out of C. One day Mollie decided to run in for a few days "to see Dick and

Klapper to come over early and

us both! You need not say a word kind of breakfast food. Won't him swing into a car; then she went strange young man. I told her it was CHAS. H. HALFPENNY, to the kitchen. Mrs. Klapper found dreadful risky, but she said she'd trust there. "Why, Miss Mollie," the

Mollie explained. "Now that I'm not always grammatical. I believe he re," she added, "I think I'll wash heard her, too, for he's been freer than of the bedroom curtains—those dot- ever since." d swiss ones, you know. Jane should Dick stalked through the house and on

but there was something familiar about those broad shoulders. frs. Klapper looked distressed. But Mollie laughingly declined. "No," e said; "you may sweep and dust to our heart's content, but I shall do the | bound.

Mollie's assistant turned, finger on lips. "Hush," he whispered, "she takes itchen range. Mollie scorned the base- me for a washerman, and I like the

go into the house, but paused to say, lawyer the other day. "It isn't so sp-"Yes, I know—it's some one that shall have an able assistant," and

und here where I am," she said, "if nity has slipped away from him and wishes to work."

ned yet that he is hunting a jobacts as if he expected you to see him a the parlor. I'm most afraid to have

some one gave him the clothes. Please send him here, Mrs. Klapper."

A minute or two later a pleasant faced, athletic looking young man swung around the corner of the house "Miss Landor?" he asked.

should she say it?-"young man my service. Your brother said I'd find you here. I've just been down to his of- iv time here less necessary in the here.

former in the college plays, and now he fell at once into the part Mollie had

assigned him.

"Next I want you to take my place Lord D., a proverbial hater of Amerher, "but they thought I'd die once, The conversation had drifted to a dis-when I had ammonia of the lungs." cussion of things American, and Lord And he bent over the washboard with D. made some disagreeable remarks about some Americans he had met and

place at the tub. Her pupil looked on | T. B. WM. H. VAN GIRSON, PHYSICIAN AND SURGEON "Aye, there's the rub," he said softly, No 393 Franklin Street, opp. Washingfor the moment forgetting his part. ton Avenue, Mollie turned and looked at him in surprise. "Do you like 'Hamlet?" she Office Hours: 8 to 2 A. M., 1.30 to 3, and 7 to 8 P. 1

Telephone No. 1-F.

PHYSICIAN AND SURGEON.

Conger Street.

Office and Residence

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C. HAMILTON, D. D. S.,

He was on his guard again. "I never met the gentleman, ma'am," he said, DR. F. G. SHAUL, "bein' only a poor washerman." PHYSICIAN AND SURGEON. "Oh," Mollie exclaimed, "is washing No. 70 Washington St., Bloomfield, N. J. know, or you wouldn't be at it your- omes Hours: Until 9.30 A. M.; 12 to 2.30 F. 1

admiringly.

"Yes," she said gravely, "it is a good DE. GILE, sweet. 'Cleanliness is next to godliness.' Now the curtains are in the rinse

prise and delight, for Dick was fond of his little sister.

"I thought you must be lonely, dear," she said, "when you go home at night, and I've come to be company for a day and I've come to be company for a day Mrs. Klapper, who saw them from an S. Mrs. Klapper, who saw them from an O. open window. When Dick came home from the of-

ing-the man after work and my old friend Carrol. I was surprised when he walked in." '-

Mrs. Klapper looked mystified ter-all but his language, which was

to the back porch. A cuffless, collariess young man was hanging curtains on the line. Dick could not see his face,

"Brent Carrol," he said with a chuckle, and was down the steps with TALSEY M. BARRETT, ATTORNEY AND COUNSELLOR AT LAW, Essex County Building and Loan

Association Ruilding

Boarding

and

Livery Stables, Stables, Mollie scorned the baseinterpretation and series had caught the word of warning and an explanation was unavoidable.

Boarding

and

Livery Stables, St

'I'd most forgot your brother said he parent when he is on the crest of the WM. DOUGLAS MOORE,

he would have to work and work hard Residence of J. D. Gallagher, Ridgewood Ave

left him a speculative and misanthrop DAVID P. LYALL, ic wreck."-New York Press. In his "Life of Bret Harte" Mr. Edgar Pemberton recalls a story which

spent a night in an inn, newly opened.

After be had got comfortably to had.

A. H. OLMSTED, In the morning, on going downstairs, he found the landlord with a bruised

561 Bloomfield Ave. Cor. Washington S Tel. 9 f. W. H. STEVENSON, Mgr. Also Oll Cloth, Carpet Lining, Mat-"Of course he means pneumonia," some Yankee customs he abhorred.

Mollie said to herself. "No one would imagine from his appearance that he with an unpardonable want of tact, "Why, d'ye know," he continued, with an unpardonable want of tact, "Upholstering and Repairing done "What at some of the places I direct in

BROADWAY Cor. LIBERTY ST. NEW YORK. The Watch and Jewelry House of Benedict Bros. was established in Wali

the father of the present Benedict Bros., which makes it probably the oldest is their line in this country.

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Everything Furnished Pertaining to

8 Monroe Place, Bloomfield, N. J.

"Well, no," the landlord replied reflectively. "The fact is, we've only just opened yer, and last night man first and last night man first man fir 556 Bloomfield Ave.,

Of Every Description

was so ignorant."

She sat on the top step and wiped her wet hands on Jane's apron. The young man found time to glance at with their soung man found time to glance at with their soung man found time to glance at with their soung man found time to glance at with their soung man found time to glance at with their soung man found time to glance at with their soung on the tablectoth."

Miss X. was thoroughly provoked by this time, but she replied with apparent unconcern:

"What poor letters of introduction you must have had, my lord."

Will wear the curtains out if the said. "See the way." And she took his the way and she took his took and the said deceased the said deceased within a nine months from this date, or they will be forever barred from prosecuting or recovering the same against the subscriber. EDWIS ATRINER.

Upholatering and Repairing done

With neatness.

Pebruary 17, 1908.

Cor. Bioomield Ave. and Orange St.

Pursuant to the arcter of Joseph W. ELLOR, Surrogate of the County of Essex, this day this the subscriber under oath or argumation to the undersigned made, on the application of the undersigned with an enterior of said deceased, notice is hereby secution.

VISIONS, FRUITS,

There was no more unpleasest talk about Americans that evening.

EDWIS A JEANNER.

EDWIS A JEANNER.

Flour, Feed, Grain, Hay, &c.

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EDWIS A JEANNER.

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